

Iowa Department of Public Health Making an Emergency Kit

During or after an emergency, you won't have time to search for supplies. An emergency supply kit contains the basic items you and your loved ones would need during a public health emergency. This should be prepared in advance! Keep the kit where you can reach it quickly in case of an emergency— whether you remain at home or evacuate to a safe place. Place the kit in an easy-to-carry container like a trash container, backpack or duffel bag.

Recommended s	upplies	include
---------------	---------	---------

Ш	Water, at least one gallon/person/day for at least three days, stored in an
	airtight container
	A three-day supply of nonperishable food and a can opener. TIP: Don't
	forget those with special diets such as diabetics.
	A first-aid kit
	Prescription medications—watch expiration dates
	Battery-powered radio, flashlights, and extra batteries
	Bedding for each person
	Personal hygiene products
	Dust mask or cotton T-shirt for each person to help filter the air
	A whistle to signal for help
	Important family documents in waterproof container—birth certificates,
	copies of medical prescriptions, insurance policies, and identification
	Special items for infants, elderly or a family member with a disability
	Review the contents of your kit periodically to make sure food and water are
	fresh and prescription medicines are up-to-date.
П	Store the kit in a place known to all household members

For more information on Iowa's statewide emergency preparedness campaign, go to www.protectiowahealth.org